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A critique of rasaushadhi as a rasayana in geriatrics

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Abstract

The number of elderly people is growing globally, and geriatrics is becoming a more difficult speciality. Newer approaches to geriatric healthcare are now thought to be required. The traditional medical system places a greater emphasis on treating age-related illnesses. Ayurveda offers a wide range of prophylactic strategies to counteract the ageing process. A subset of Ayurveda known as Rasayana Tantra is devoted solely to Jarajanya Vyadhi. Because of its therapeutic qualities and Rasayana, Rasaushadhis form the foundation of Ayurveda. A discussion of the Rasayana property of Rasaushadhis in geriatrics is attempted here.

Keywords: Geriatrics, ageing, rasayana, rasaushadhi

Introduction

In essence, Ayurveda is the science of longevity and life. It offers a sound understanding of ageing and how to manage it. Ayurvedic pharmaceutics, or Rasa Shastra, is the study of medicines with metal, mineral, and herbo-mineral origins, as well as their types, characteristics, manufacturing methods, and medicinal applications. The process of ageing is multifaceted, intricate, and unavoidable. According to Ayurveda, growing older is a Swabhavaja Vyadhi, which means it is a natural part of life. Growing older is a normal process that starts at birth, or more accurately, at conception, continues throughout life, and culminates in death. continuous, predictable process that includes living things' growth and development. It is inevitable, but each person ages at a different rate. How we age depends upon our genes, environmental influences, and life style. An estimated 605 million people are 60 years of age or older worldwide. From the perspective of morbidity, 5% of older Indians are immobile and nearly 50% have chronic illnesses ^[1]. Rasa Shastra is regarded in Ayurveda as being more beneficial and effective than herbal preparations. Rasa medicines have a wide range of therapeutic uses, some of which include reducing age-related illnesses and preventing ageing.

Rasaushadhis

A subset of Ayurveda known as Rasa Shastra was primarily created during the Middle Ages. In addition to Rasa, Rasa Shastra also includes Maharasa, Uparasa, Sadarana Rasa, and so forth. Therefore, Rasaushadhi can be the name given to the formulation that includes the aforementioned constituent ^[2].

Importance of Rasaushadhis

According to Rasa Sara Samgraha ^[3]

- Very quick in action
- Small dose is required as compared to herbal dose.
- Easy to take, so patient's acceptability is more.
- Long shelf life as compared to herbal medicines.

Rasa Sara Samgraha: states that any kind of medication should be used to treat Sadya diseases; however, Rasaushadhis are the best option for Asadya Rogas.

According to Rasapaddati

- Daivi -Treatment which carried out with Rasa
- Dravyas.
- Manushi- Treatment carried out with Churna, Sneha, Kashaya, and Lehyas.
- Asuri -Treatment carried out with Sastras.

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Table 1: Types of Rasaushadhi with example

S. N.	Rasaushadhi	Example
1.	Khalvi Rasa	Kajjali, Tribhuvanakeerthi Rasa, Aarogyavardini Vati.
2.	Parpati Rasa	Rasa Parpati, Panchamritha Parpati, Swarna Parpati.
3.	Kupipakwa Rasa	Makaradhwaja Rasa, Rasa Sindhura, Sameerapannaga Rasa
4.	Pottali Rasa	Hemagarbha Pottali, Rasagarbha Pottali
5.	Bhasma and Pishti	Abhakra Bhasma, Swarna Bhasma, Praval Pishti, Mukta Pishti.
6.	Lauha and Mandura	Sapthamrutha Lauha, Punarnava Mandura.

Advantages of Rasashastra and Rasoushadhis

When compared to herbal preparations, the Rasaushadhis have been deemed more beneficial and efficient in Ayurvedic practice. The Rasa Shastra is said to have many therapeutic uses, including preventing ageing and lowering the prevalence of age-related illnesses. Because Rasa preparations go through several processes known as Samskaras, the body absorbs them much more quickly [4]. This facilitates the body's rapid and active absorption of even the smallest dosages. Numerous minerals and metals with Rasayana qualities are listed in Rasashastra, aside from mercury. For instance, Rajata, Shilathu, Swarna, etc.

Geriatric

The speciality of geriatrics, also known as geriatric medicine, is concerned with the medical treatment of the elderly. By preventing and treating illnesses and disabilities in senior citizens, it seeks to advance health. The process of ageing is a life event that results in changes that impair a person's capacity to adapt to biological changes. With the growing number of elderly people worldwide, including in India, it is now thought that newer approaches to geriatric healthcare are required. Ayurveda has a speciality branch called Rasayana that addresses age-related issues and cures for them. Its special treatment approach postpones ageing and associated issues.

Ayurveda elaborates on the physiological changes associated with ageing. Old age is defined by Acharya Susruta as being over 70. Old age over 60 was mentioned by Acharya Charaka. According to the basic idea of Tridosha, Vata Dosha predominates in old age. All of the Dhatu, Veerya, Indriya, Ojas, Bala, and Utsaha gradually deteriorate with age, and other symptoms include hair loss, skin wrinkling, a persistent and recurrent cough, dyspnoea, difficulty performing daily tasks, etc. In Ayurveda, the Sarangadhara Samhita offers an intriguing plan for how ageing causes the loss of various biological components in various life decades [5]. It can serve as a guide when choosing particular protective Rasayanas to slow down the ageing process.

Table 2: Loss of different biological factors in different decades as per Sarangadhara

S. N.	Decades	Age Related Loss of Biological Factors
1.	0-10	Loss of Childhood
2.	11-20	Loss of Growth
3.	21-30	Loss of Complexion
4.	31-40	Loss of Intellect
5.	41-50	Loss of Skin Texture
6.	51-60	Loss of Vision
7.	61-70	Loss of Virility
8.	71-80	Loss of Strength
9.	81-90	Loss of Cognitive Power
10.	91-100	Loss of Locomotive Ability

Jara and Jarachikitsa: Every pent-year would be regarded as a loss in age, and the term "jara" refers to the reduction in

the life span from the remaining half of the anticipated duration.

Types of Jara

1. Dhatu Kshayajanya Jara or Kalaja Jara are Jaras who arrive at the appropriate age (after 60).
2. The idea of premature ageing is known as Akalaja Jara or Margawarodhajanya Jara is the result of improper personal hygiene care.

Jara As one of the eight branches of Ashtanga Ayurveda, Chikitsa treats illnesses and ailments related to ageing. Ayurveda The goal of geriatric procedures is to treat behavioural, emotional, and physical issues through carefully thought-out Ayurvedic Chikitsa techniques. "Vridhopacharaneeyam" is the term used in Ayurveda to refer to geriatric healthcare.

The Sanskrit term "Rsayana" is composed of the words "Rasa" and "Ayana." The path, road, way, or movement is denoted by Ayana, while the remaining six Dhatus-Rakta, Mamsa, Meda, Asthi, Majja, and Sukra-are indicated by Rasa. One of Ayurveda's eight branches is rasayana, or rejuvenation therapy. According to Dalhana, Rasayana keeps people young for longer by preventing ageing and allowing them to live out their full 100 years. Using Guduchi and Haritaki as examples, Sharangadhara claims that Rasayana is the remedy for ageing and illness. Rasayana enhances the nutritional value of the microcirculation and tissue perfusion by influencing the Dhatus, Agni, and Srotas, the body's basic components [7].

In brief Rasayana which provide;

- Gives long life.
- Delays ageing.
- Increase intelligence, memory and lustre.
- Excellence in the body tissue helps in maintaining normal physiology of the body.

Mode of action of Rasayana

The four main ways that Rasayana encourages nutrition are as follows:

- By directly enhancing the body's nutritional intake by consuming more amalaki, satavari, milk, ghee, etc.
- **On Agni:** Nutrients are promoted by enhancing Agni, or digestion and metabolism, through Bhallataka, Pippali, etc.
- **Srothovishodhana:** Due to its Vishagna property, herbs like Guggulu, Haritaki, Tulasi, and others help the body's Srotas, or microcirculatory channels, function better.
- By its Vishagna property.

Concept of using Rasaushadhis as a Rasayana in Geriatrics

Many of the medications listed in Rasa Shastra are referred to as Rasayana. There are numerous compounds described in different chapters that function primarily as Rasayana but are more appropriate for specific diseases, in addition to the numerous combinations found in Rasayanadhikara. The

majority of them contain different substances that have Rasayana properties. Parada is regarded as an extremely potent remedy. When processed correctly, it prevents illness and ageing and balances Tridoshas, nourishes the body's essential components. Its therapeutic qualities are enhanced when combined with particular herbs. The Rasa Rasayana concept In the early days (tantric period), the "Rasaushadhis" were prepared and consumed solely for the Rasayana effect,

as evidenced by the usage of the terms "Rasa" and "Rasayana" together. The preparation of rasa medicines was done for either Rasayana or Vajikarana because "Rasasastra" comes from a tantric cult. The wide range of Rasa medicines prepared now, are having wider therapeutic applicability. They are renowned for their excellent therapeutic qualities, longer shelf life, ease of preservation, quicker assimilation, and faster action in smaller doses.

Table 3: Rasa Shastra elements indicated as Rasayana

S. N.	Elements of <i>Rasa Shastra</i>	Reference
1.	<i>Parada</i>	R.T 7/88
2.	<i>Abhraka</i>	R.T 10/12
3.	<i>Vaikranta</i>	R.T23/167,R.R.S 2/56
4.	<i>Makshika</i>	R.T 21/26,R.R.S 2/80,A.P 4/9
5.	<i>Shilajatu</i>	R.T 22/84,A.P 4/123
6.	<i>Sasyaka</i>	R.R.S 2/128
7.	<i>Gandhaka</i>	R.T 8/37,R.R.S 3/16
8.	<i>Haratala</i>	R.T 11/55
9.	<i>Manashila</i>	R.T 11/116
10.	<i>Nilanjana</i>	R.R.S 3/104
11.	<i>Tutta</i>	R.T 21/128
12.	<i>Hingula</i>	R.R.S 3/140
13.	<i>Swarna</i>	R.T 13/69,R.R.S 5/8,A.P 3/25
14.	<i>Rajata</i>	R.R.S 5/24
15.	<i>Lauha</i>	R.R.S 5/88
16.	<i>Vanga</i>	R.T 18/39
17.	<i>Hiraka</i>	R.T 23/24
18.	<i>Manikya</i>	R.T 23/57
19.	<i>Suryakanta</i>	R.T 23/184, A.P 5/10
20.	<i>Rajavarta</i>	R.R.S 4/6
21.	<i>Vatsanabha</i>	R.T 24/26

(R.T. - Rasa Tarangini, R.R.S. - Rasa Ratna Samuchaya, A.P. - Ayurveda Prakasha.)

Sagandha and Nirgandha Moorchitha Parada Yoga

Even after the symptoms of the disease have subsided, any Sagandha Moorchitha Parada Yoga may be performed for an extended period of time. By doing this, the medication's intended Rasayana effect can be anticipated. The medication has no harmful effects on the body from mercury, even after

such extended dosages. It is impossible to completely rule out the possibility of toxic effects from Nirgandha Moorchitha Parada Yoga if it is practiced for an extended period of time. In this case, prolonged administration cannot be expected to produce the Rasayana effect.

Table 4: Major Rasaushadhi formulations and their indications in geriatrics

S. N.	<i>Rasaushadhi</i>	Indication	Dose	<i>Doshaghna ta</i>	<i>Anupana</i>
1.	<i>Suvarna Bhasma</i>	<i>Vrushya, Prameha</i>	125 mg	<i>Tridosha ara</i>	<i>Madhu, Ghrita</i>
2.	<i>Abhraka Bhasma</i>	<i>Raktaalpat a Impotency Memory loss</i>	125 mg	<i>Tridosha Shamaka</i>	<i>Madhu</i>
3.	<i>Vanga Bhasma</i>	<i>Balya, Bruhana, Mehaghna</i>	125-250 mg	<i>Kaphapitt ahara</i>	<i>Madhu, Ghrita, Guduchi, Swarasa</i>

4.	<i>Chandraprabha Vati</i>	<i>Rakta Pradara, Shukra Vikara.</i>	500 mg	<i>Tridoshah ara</i>	<i>Tandulo daks, Sheetaja la</i>
5.	<i>Suvarna Raja Vangeshwara</i>	<i>Dhatwagni Vardhaka, Vrushya.</i>	125-250 mg	<i>Thridosha hara</i>	<i>Godugd ha</i>
6.	<i>Suvarna Makshika</i>	<i>Madumeh a, Sukraksha ya.</i>	125-250 mg	<i>Kaphapitt ahara</i>	<i>Salsarad i Gana Kashaya</i>
7.	<i>Suvarnaraj Vangeshwara</i>	<i>Mutradah a, Bahumutr ata</i>	125-250 mg	<i>Tridosha ara</i>	<i>Madhu, Godugd ha</i>
8.	<i>Suvarna Sutshekhara</i>	<i>Grahani, Amlapitta.</i>	125 mg	<i>Pittahara</i>	<i>Ghrita, Madhu.</i>
9.	<i>Vasanthakusu makara Rasa</i>	<i>Prameha, Smritibhira msha.</i>	125-250 mg	<i>Vatapitta hara</i>	<i>Godugd ha</i>
10.	<i>Bruhatvata Chintamani Rasa</i>	<i>Bhrama, Pralapa, Pakshagha ta.</i>	125 mg	<i>Vatapitta hara</i>	<i>Ajakshe era, Guduchi Swarasa</i>
11.	<i>Mahalakshmi vilasa Rasa</i>	<i>Kshayarog a.</i>	125 mg	<i>Tridosha ara</i>	<i>Madhu, Godugd ha.</i>

Scope of Rasaushadhis as a Rasayana in Geriatrics

- Jara Nivartaka (delay ageing process) & Deergha Ayushkara (provide longevity)
- Vyadhi Nivartaka (prevents diseases)
- Prashastha Dhatu (promotes health)

Discussion

The basic goals of Rasayana therapy include promoting renewal, delaying the ageing process, protecting the body from various illnesses, controlling metabolism, and supplying

both mental and physical fortitude. Better drug analysis methods have emerged in the current environment, which can assist us in verifying the Rasayana and its impact on health. When Ayurveda, Rasa Sastra, and Rasayana are standardised, society will undergo a revolution. Raising public awareness of the effects of population ageing and the benefits of Ayurveda in geriatric healthcare is necessary.

Conclusion

The Rasaushadhi's as Rasayana therapy helps to attain longevity, immunity, mental competence, physical strength,

sharpness of sense organs and qualities of Dhatus. It nourishes whole body and improves immune system and hence natural resistance to infection will be more. There are a large number of potent medicines in Rasa Shastra which are described as Rasayana. Undoubtedly, Rasaushadhis as Rasayana strength of Ayurveda in the context of Geriatric care.

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